



18. Sondershäuser Kristall-Lauf
Brügman-Schacht Sondershausen / 24.10.2015

Detailed evaluation

Paul, Norbert

Club: Marktredwitz
Number: 273

Course: 9.40 km
10 km (680 m unter der Erdoberfläche)

Category:
Männer 50 bis 59 Jahre

Total time: 1:01:22

Speed: 8.80 km/h
Running performance: 6:32 min/km

Rank in course/Total: 312 (of 373)

Rank in course/Men: 249 (of 286)

Best time in course: 31:07

Rank in category: 68(of 80)

Best time in the category: 36:02

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Rundenzeit	2.20	13:30	6:08	67	5:41	255	6:28	2.20	13:30	6:08	67	5:41	255	6:28
Rundenzeit	1.80	12:46	7:05	74	5:55	275	6:48	4.00	26:16	6:33	73	11:36	272	13:16
Rundenzeit	1.80	10:55	6:03	59	3:50	224	4:47	5.80	37:11	6:24	71	15:26	264	18:00
Rundenzeit	1.80	11:14	6:14	58	4:07	224	5:11	7.60	48:25	6:22	67	19:24	256	23:11
Finish	1.80	12:57	7:11	68	12:48	243	12:48	9.40	1:01:22	6:31	70	25:20	256	30:15